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UPDATE ON INFLUENZA PANDEMIC

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State health officials report 123 people in Death Valley, Indiana have confirmed cases of influenza ("the flu"), of which 4 have died.

To prevent the further spread of the flu, state health officials urge the residents of Death Valley to:

*Wash hands thoroughly for at least 20 seconds in warm, soapy water, especially after sneezing or coughing; and *Sneeze or cough into their sleeves if a disposable tissue is not available and avoid using handkerchiefs, which can harbor the flu virus.

State Health Commissioner Judy Monroe, M.D. says most individuals with influenza should stay at home, get plenty of rest, drink a lot of liquids, avoid using alcohol or tobacco products, and take acetaminophen (Tylenol) or ibuprofen if they have a fever.

She says the symptoms of this strain of influenza include: fever (usually high), chills, headache, dry cough, runny/stuffy nose, sore throat, muscle aches, and extreme tiredness.

People experiencing these flu-like symptoms should seek medical care at the Muscatatuck Urban Training Center (MUTC) emergency room.

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